

**EXERCISE EXERCISE EXERCISE EXERCISE EXERCISE**

**FOR IMMEDIATE RELEASE**  
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### **MEDIA UPDATE ON INFLUENZA PANDEMIC**

INDIANAPOLIS - State health officials report 123 people in Death Valley, Indiana have confirmed cases of influenza ("the flu"), of which 4 have died.

State health officials are urging residents of Death Valley to stay home and not hold any public gatherings. If people must go out in public, health officials recommend they maintain a "social distance" of 3 to 6 feet when out in public.

To prevent the further spread of the flu, state health officials urge the residents of Death Valley to:

- Wash hands thoroughly for at least 20 seconds in warm, soapy water, especially after sneezing or coughing; and
- Sneeze or cough into their sleeves if a disposable tissue is not available and avoid using handkerchiefs, which can harbor the flu virus.

State Health Commissioner Judy Monroe, M.D. says most individuals with influenza should stay at home, get plenty of rest, drink a lot of liquids, avoid using alcohol or tobacco products, and take acetaminophen (Tylenol) or ibuprofen if they have a fever.

She says the symptoms of this strain of influenza include: fever (usually high), chills, headache, dry cough, runny/stuffy nose, sore throat, muscle aches, and extreme tiredness.

Although they will feel quite ill for up to a week, many people with flu symptoms will be able to treat themselves at home. Dr. Monroe recommends calling your health care provider if you or a family member have trouble breathing, shortness of breath, a persistently high or worsening fever, chest pain, seizures, severe abdominal pain, continuous vomiting, confusion, lethargy, or are not able to drink fluids or urinate for 24 hours. People experiencing severe symptoms of the flu should seek medical care at the Muscatatuck Urban Training Center (MUTC) emergency room.

Influenza is spread by respiratory droplets from close contact with infected persons or from contact with contaminated surfaces or objects. Infection can occur when influenza viruses contact the eyes, mouth, or nose, and possibly through inhaling droplets from a sneeze or cough. People may become infected by touching surfaces or objects contaminated with influenza viruses and then touching their eyes, mouth, or nose. Most healthy adults may be able to infect others from about one day before symptoms onset up to five days after becoming sick. **That means that you may be able to spread influenza before you become sick, as well as while you are sick.**

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